

Piatti Yoga By Frances Boswell B Da Costa

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Questi piatti sono ispirati agli stessi principi che definiscono la pratica dello yoga: consapevolezza, disciplina e intenzione. Quando il cibo viene preparato tenendo a mente queste direttive, si coltivano vitalità e bellezza, creando piatti che nutrono e danno energia ma, al tempo stesso, rispettano l'ambiente e i cibi. I piatti hanno un equilibrio perfetto: un mix di sapori, colori e consistenze per creare pace e armonia al palato e nel corpo. Nel libro troverete anche ricette base per salse e condimenti, consideratele alla stregua dello stretching, qualcosa a cui rivolgersi quando non avete tempo per esercizi più complessi. Le ricette del Saluto al sole sono pensate invece per svegliarsi, iniziare a muoversi e affrontare la giornata con entusiasmo ed energia..

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